

Delaware Becoming an Outdoors-Woman Program



Registration Packet

**Deadline for receipt of registration has been extended
to September 15, 2017**



Please complete all information:

Page 1 Registration Form

Page 2 Meals & Lodging

Pages 3-4 Course Selections

Page 8 Health/Emergency Form

Page 9 Liability Form

*Registration will
not be confirmed
until all forms are
complete!*

**October 6-8, 2017
at Killens Pond State Park**

3015 Paradise Alley Rd.
Harrington, DE 19952

**Only one person may register per form.*

Name: _____

Address: _____

City, State, Zip: _____

Telephone Number(s): _____

E-mail address: _____

Payment:

- **Full Weekend Fee: \$130**
*Includes overnight campground accommodations
- **Saturday Only: \$90**

**Please make checks/money
orders (NO CASH) payable to:**

**DE Division of Fish and
Wildlife - BOW.**

Please send the completed registration form (Pages 1-4 and 8-9) with payment to:

Delaware Division of Fish and Wildlife - BOW
2992 Lighthouse Rd., Milford DE 19963

**** A FAX OR EMAIL *WILL NOT* HOLD YOUR PLACE IN THE COURSES YOU SELECT.
REGISTRATIONS WILL BE PROCESSED WHEN THE WORKSHOP PAYMENT IS RECEIVED IN OUR
OFFICE.**

Registration Contact: Lynne Pusey (302) 422-1329

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MEALS

Meals and beverages are included. Beverages will be provided but participants are encouraged to bring their own as well. If you have any special dietary requirements, please feel free to bring your own food. Vegetarian options will be available.

Will you require vegetarian options for your meals? ☐ YES ☐ NO

Please list any other dietary restrictions or concerns: _____

LODGING

Primary lodging this year is tent camping. Tents can be provided if you do not own one. If you own an RV and would prefer or need RV shelter, there are limited sites available on a first-come, first-served basis. You will be assigned a campsite upon your arrival and campsites will be shared with other participants. Tents provided by the BOW program will comfortably sleep two individuals. If you request use of a BOW tent you will be placed with another participant unless a tent partner is specified in advance.

☐ Please assign me a campsite

☐ I will be bringing my own tent

☐ I will need to use a BOW program tent

**Each tent will accommodate two individuals. If there is another BOW participant you would like to camp with please list their name below. Otherwise, another BOW participant will be assigned to your tent.*

◇ I would like to camp with the following BOW participant:

☐ I would like to request an RV site

☐ I will be participating in Saturday only and will not need overnight accommodations

FIREWOOD POLICY

The BOW Program will not be providing firewood for campfires at each campsite. If you would like to have a campfire you will need to purchase firewood from the campground store. Firewood is \$5 per bundle.

****To avoid bringing non-native insects and/or plant diseases into the park, campers are not permitted to bring their own firewood into the campground. Firewood MUST be purchased from the campground store.***

Friday, October 6

Mini Courses

Please identify your top three course choices by numbering your preferences for each course (i.e. 1,2,3...).

| | |
|--|--|
| | Session I Mini Courses 4pm - 5:30pm |
| | Orienteering 101 |
| | Campfire Cooking |
| | Camping 101 |
| | Tree I.D. |

Saturday, October 7

Morning Courses

You may choose **TWO** 1.5 hour morning Courses or **ONE** 3.5 hour morning course. Please number your preferences for each course (i.e. 1, 2, 3...).

| | |
|--|---|
| | SESSION II Mini Courses 8am - 9:30am |
| | Intro to Canoeing |
| | Daypacking/Hiking |

| | |
|--|--|
| | SESSION III Mini Courses 10am - 11:30am |
| | Invasive/Nuisance Plants in Delaware |
| | Cooking Your Catch—How to Process Your Fish |

| | |
|--|--|
| | FULL MORNING Course 8am - 11:30am |
| | Intro to Shotgun |
| | Intro to Archery |
| | Birding 101 |
| | Intro to Fly Fishing (<i>Requires fishing license</i>) |

| | |
|--|---|
| | Mentored Deer Hunt Part 1 <i>Intro to Hunting & Crossbow Shooting</i> 8am - 11:30am |
| | Participants in the Mentored Deer Hunt must participate in both Part 1 and Part 2 courses. <i>The Mentored Deer Hunt Part 1 and Part 2 courses require hunter education certification (by Oct. 1, 2017) and purchase of a hunting license prior to the event.</i> |

Saturday, October 7

Afternoon Courses

You may choose **TWO** 1.5 hour morning Courses or **ONE** 3.5 hour morning course. Please number your preferences for each course (i.e. 1, 2, 3...).

| | Session IV Mini Courses 1pm - 2:30pm |
|--|---|
| | Prehistoric Storytellers |
| | Native Landscaping for Pollinators |

| | Full Afternoon Courses 1pm - 4:30pm |
|--|--|
| | Intro to Shotgun |
| | Intro to Archery |
| | Beginning Freshwater Fishing (<i>Requires fishing license</i>) |
| | Edible & Medicinal Plants |

| | SESSION V Mini Courses 3pm - 4:30pm |
|--|--|
| | Boating Safety |
| | Waterfowl I.D. |
| | Wonders of Wetlands |

| | Mentored Deer Hunt Part 2 1pm - 6pm |
|--|---|
| | Mentored Crossbow Deer Hunt: Participants in the Mentored Deer Hunt must participate in both Part 1 and Part 2 courses. <i>The Mentored Deer Hunt Part 1 and Part 2 courses require hunter education certification (by Oct. 1, 2017) and purchase of a hunting license prior to the event.</i> |

If you've attended the Delaware BOW program in the past, we ask that you consider choosing courses that you have not already participated in so we can open those opportunities to newcomers. Please choose your courses carefully as it will be very difficult to make adjustments once the schedule is set.

Thank you for honoring our policy!

Event Information

(please keep this page)

Directions

Directions and information for Killens Pond State Park can be found at: <http://bit.ly/2nEHjDy>

Location at the Park

Lodging and most BOW activities will take place at the Killens Pond State Park campground located at: 3015 Paradise Alley Rd., Harrington, DE 19952

**Please do not contact Killens Pond regarding the BOW program or with any registration questions.*

Weekend Schedule





| | | |
|------------------|-----------------|--|
| Friday, Oct. 6 | Noon - 2pm | Registration & Tent/Campsite Set-up (please register by no later than 1pm) |
| | 2:30pm - 3:30pm | Introduction |
| | 4pm - 5:30pm | Instructional Courses |
| | 6pm - 7pm | Dinner |
| | 8pm - 10pm | Evening Activity Options: 8pm - 9pm: Night Hike 8pm - 10pm: Evening Campfire |
| Saturday, Oct. 7 | 7am -7:45am | Breakfast |
| | 8am - 11:30am | Instructional Courses |
| | Noon - 1pm | Lunch |
| | 1pm - 4:30pm | Instructional Courses |
| | 6pm - 7pm | Dinner |
| | 8pm - 10pm | Evening Activity Options: 8pm - 9pm: Stargazing 8pm - 10pm: Evening Campfire |
| Sunday, Oct. 8 | 7:30am - 8:30am | Breakfast |
| | 8:30am – 9am | Closing Remarks |
| | 9am – 11am | Campsite Cleanup & Check-out |











Deadline for receipt of registration is September 8, 2017.

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BOW Course Descriptions

Activity Level Guide

| | |
|---|--|
|  | Minimal (mostly sitting or standing) |
|  | Mild (walking) |
|  | Moderate (requires moderate coordination and/or movement) |
|  | Strenuous (requires much coordination/concentration and/or movement) |

| Courses | Descriptions |
|--|--|
| Beginning Freshwater Fishing  | <p>Learn the basics of how to cast, what equipment you'd need to fish on your own, fundamentals of fishing and techniques. Then try your hand at fishing at Coursey's Pond!</p> <p><i>*To participate in this course you must purchase a Delaware Fishing License prior to attending and bring it with you.</i></p> |
| Boating Safety  | <p>Taught by Fish & Wildlife Natural Resources Police, this course will provide participants with a hands-on opportunity to learn about boating safety, including how to throw a rescue rope, how to properly fit a personal floatation device (PFD), how to safely enter and exit a boat, what gear you should bring with you, and much more!</p> |
| Birding 101  | <p>Learn to identify birds through behavior, field marks, and habitat while exploring the grounds within Killens Pond State Park. Binoculars will be provided but participants are encouraged to bring their own.</p> |
| Campfire Cooking  | <p>This course will teach the basics of campfire cooking including how to build a campfire, how to use a Dutch oven, and tips, tricks and recipes for making campfire meals that your whole family will love!</p> |
| Canoeing  | <p>Learn basic paddling techniques and safety tips for planning a trip out on the pond. Then explore Killens Pond by canoe! Participants should wear clothes that can get wet as well as water shoes. Sunscreen and sunglasses are encouraged.</p> |
| Edible & Medicinal Plants  | <p>Wander forest and meadow trails and learn about native plants that can feed and heal you. Participants will have opportunities to sample edible plants if they choose.</p> |
| Daypacking/Hiking  | <p>Research has shown that spending time outside is good for your health. What better way to enjoy the outdoors than to spend the day hiking!! In this program, participants will learn how to use a trail map, what to pack and how to pack light and, what snacks to bring to fuel your hike. This program will include a hike around the park.</p> |
| Cooking Your Catch - How to Process Your Fish  | <p>You've gone fishing, caught your limit and brought home your catch - now what? Participants in this course will learn how to fillet a fish and how to cook it up over a campfire.</p> |
| Intro to Archery  | <p>Learn about basic traditional bows and arrows as well as the equipment that goes along with them. Form, method of release and accuracy will be focused upon while you practice target shooting. Participants should wear sunscreen.</p> |
| Intro to Fly Fishing  | <p>Learn about the equipment needed for fly fishing, practice casting a fly fishing rod and try your hand at fly fishing at Coursey's Pond. This course also includes a demonstration on fly tying.</p> <p><i>*To participate in this course you must purchase a Delaware Fishing License prior to attending and bring it with you.</i></p> |

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| Courses | Descriptions |
|---|---|
| Intro to Shotgun  | Learn firearm safety and clay target shooting techniques with a shotgun through hands-on activities. Participants should wear sunscreen. |
| Invasive & Nuisance Plants in Delaware  | Learn about what makes a plant invasive, their impact on the local habitat and management practices in Delaware State Parks. In addition, learn how to identify both native and non-native nuisance plants (like poison ivy). Dress comfortably for an outdoor invasive and nuisance plant identification walk. |
| Mentored Deer Hunt Parts 1 & 2: <i>Intro to Hunting & Crossbow Shooting</i>  | <p>Part 1: Learn how to safely operate and shoot a crossbow and participate in a brief course in hunting to prepare for an afternoon managed deer hunt.</p> <p>Part 2: Participate in a mentored, managed deer hunt at Killens Pond State Park. Participants will be partnered with a mentor who will guide them during a managed hunt for white-tailed deer.</p> <p>NOTES:</p> <ul style="list-style-type: none"> Participants in the Mentored Deer Hunt must participate in both Part 1 and Part 2 courses. The Mentored Deer Hunt Part 1 and Part 2 courses require hunter education certification (by Oct. 1, 2017) and purchase of a hunting license prior to the event. Dress for the weather; camouflage preferred for mentored hunt. If you are successful in harvesting a deer and wish to keep it, the BOW program will provide transportation to a local butcher. If you wish to take your deer to a butcher of your choosing you will be responsible for transporting your deer. If you harvest a deer and do not wish to keep it, BOW will donate it to the Sportsmen Against Hunger program. |
| Native Landscaping for Pollinators  | An introduction to planting native trees, shrubs and wildflowers in a backyard landscape with an emphasis on species of plants preferred by pollinators. |
| Orienteering 101  | What's the difference between taking a bearing and finding a bearing? Learn the basics of using a compass and a map, and never get lost again! Wear comfortable shoes for a short walk. |
| Prehistoric Storytellers  | Did you know that every year the Delaware Bay is home to a natural phenomenon that has taken place for millions of years? The prehistoric Atlantic horseshoe crab visits Delaware's bay beaches each year to spawn; laying hundreds of millions of tiny green eggs that attract hungry shorebirds, fish and other marine animals to our shoreline habitats. Horseshoe crabs have interesting stories to tell as we investigate their unique adaptations, life cycles, habitats, etc. Participants will learn about this fascinating creature through hands-on activities, have the opportunity to hold live crabs and will learn what to do next time you find a horseshoe crab on the beach! |
| Tree I.D.  | Move over CSI! The tree detectives will take over here. Take a hike with the instructor and learn skills necessary to identify tree species in both summer and winter conditions. |
| Waterfowl I.D.  | Taught by the Division of Fish & Wildlife's waterfowl biologist, participants in this course will learn tips and tricks for identifying common waterfowl in Delaware, both on land and in flight! |
| Wonders of Wetlands  | Examine the fascinating adaptations and behaviors of animals that thrive around Killens Pond wetlands. Using live animals and taxidermy, participants will experience wildlife up close and personal! |

Participant Health & Emergency Contact Form



Name: _____

EMERGENCY CONTACT INFORMATION

Primary Contact:

Name _____

Relationship _____

Address _____

Phone number (day) _____ (evening) _____

Secondary Contact:

Name _____

Relationship _____

Address _____

Phone number (day) _____ (evening) _____

PRIMARY CARE PHYSICIAN

Physician's Name: _____

Physician's Address: _____

Physician's Phone number: _____

CONDITIONS THAT MAY AFFECT YOUR PARTICIPATION IN THIS WORKSHOP

Please list any allergies, medical conditions, and/or physical limitations that apply.

MEDICATIONS

List medications the BOW Staff would want to report to trained medical technicians in the event of an emergency. This would assist trained technicians if they need to retrieve, administer, or have interactions with other medications.

Please be sure to update the BOW staff upon arrival if there are any changes or additions to the above mentioned.

The applicant, by signing below, recognizes that the program involves some risk and that she/he takes responsibility for all action or injury that may result by participating. *The applicant also understands that once the registration payment and forms are received by the Division of Fish & Wildlife, that there are no refunds, but a participant may send someone in their place.*

Participant Signature

Date

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**DELAWARE DEPARTMENT OF NATURAL RESOURCES &
ENVIRONMENTAL CONTROL**



DIVISION OF FISH & WILDLIFE

UNIFORM STATEMENT OF RESPONSIBILITY,

**RELEASE AND AUTHORIZATION
TO PARTICIPATE IN**

DELAWARE BECOMING AN OUTDOORS-WOMAN® PROGRAM

Whereas, I desire to participate in the Becoming an Outdoors-Woman Program sponsored by the Delaware Division of Fish & Wildlife (DNREC), and the Division has approved my participation in the program during the period of October 6-8, 2017, I hereby agree as follows:

- I assume full legal and financial responsibility for my participation in the program.
- I grant the Division, its employees, agents and representatives the authority to act in any attempt to safeguard and preserve my health or safety during my participation in the Program including authorizing medical treatment on my behalf and at my expense.
- I understand that the activities performed throughout the Program can be vigorous and require variable fitness levels. I attest and verify that I am physically fit to participate in the various activities offered through the Program. A medical examination and/or physician's approval is encouraged prior to starting any exercise/activity program.
- Accident and health insurance are recommended for my participation in the Program and the Division encourages me to have appropriate insurance coverage for the specified time period. I understand that the Division is not responsible for injuries or health problems that may occur while participating in the Program or using any of the equipment.
- I agree to conform to all applicable policies, rules, regulations and standards of conduct as established by the Division;
- I understand and agree that my participation in the Program may be terminated by the Division with no refund of fees if I fail to maintain acceptable standards of conduct as established by the Division.
- I understand and agree that the Division may make changes to the Program at any time and for any reason, with or without notice, and that the Division shall not be liable for any loss whatsoever to Program participants as a result of such changes.
- I voluntarily indemnify and hold harmless the Division of Fish & Wildlife, its staff, its volunteers, employees, and agents from any and all liability, loss, damages, costs, or expenses (including attorney fees) arising out of my participation in the Program and which do not arise out of the negligent acts or omissions of an officer, employee, or agent of the Division while acting within the scope of their employment or agency.
- In the event of the Division's need to cancel the event due to major storms or other hazardous conditions, the Division will notify participants prior to the event and guarantees a full refund of registration fees.
- I acknowledge that I have read this document and understand and accept its terms.

Participant Signature

Date

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